TUCSON INDIAN CENTER
NATIVE WELLNESS VOICE

November 2026 Vol. 57 ISSUE 23 WWW.TICENTER.ORG

Office is open 8:00am to 5:00pm, Monday-Friday

TIC will be closed November 11th for Veteran's Day, and November 26th & 27th for Thanksgiving.

Visit our employment link or scan the QR Code for any Job Openings: http://www.ticenter.org/employment



WELCOME TO THE TUCSON INDIAN CENTER NEWSLETTER

In this newsletter you can expect:

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VISIT OUR SOCIAL MEDIA:

Tik Tok: https://www.tiktok.com/@tucson.indian.center

Facebook: https://www.facebook.com/tucsonindiancenter/

Instagram: https://www.instagram.com/tucson.indian.center/

Welcome to Our November Newsletter!

November is a time to celebrate community, express gratitude, and honor the many people who make our work possible. As we prepare for the busy fall season, we are grateful for the opportunity to serve our community and for the many individuals whose time, dedication, and support help advance our mission.

We are especially thankful for the success of our recent Native American Family Wellness Day, Footsteps For Healing, and Fright Night events. These gatherings brought together families, youth, elders, and community members in a spirit of wellness, culture, connection, and fun. The strong participation and support we received demonstrate the strength of our community and the importance of creating spaces where families can come together, celebrate, and support one another.

November also highlights several important awareness campaigns. This month we take the time to recognize the following:

- Native American Heritage Month
- National Alzheimer's Disease Month
- American Diabetes
- Lung Cancer Awareness
- National Family Caregivers

These observances remind us of the importance of compassion, advocacy, and community care. They encourage us to continue working together to promote healing, wellness, and support throughout our communities.

We invite you and would love for you to join us at the Tucson Indian Center's upcoming events. Please save the dates and make plans to come out and be part of these meaningful experiences.

Walk in Beauty: Walking Series - November 7, 14 & 21
Youth Cultural Hike with Saguaro National Park - November 14
Out of the Darkness Walk - November 15

We thank each of you for being part of our circle and helping strengthen our community for future generations.

Jacob Bernal/Executive Director

Jacob Bernal

Updates



Operations Department Update

Greetings,

I hope this message finds you blessed, healthy, and happy.

I want to take a moment to sincerely thank you, the members of our community, for your patience and understanding as we worked through the roofing project at the Tucson Indian Center. For the better part of the summer, the sidewalk along Alameda Boulevard was closed, creating an inconvenience for everyone visiting the Center. Trust me, it was an inconvenience for our staff as well, and we truly appreciate your patience while the work was being completed.

I am happy to share that **the project is now complete!**

TIC now has a brand-new roofing system that doesn't leak, **we hope**, and the clinic has a new air conditioning system. These were much-needed improvements that will help provide a safer, more comfortable space for our community, our patients, and our staff for years to come.

The funny thing is, when you visit the Center, you may not notice much of a difference at all. And honestly, that is probably a good thing. A roof and an air conditioning system are doing their jobs when nobody has to think about them.

It has been my pleasure keeping you informed throughout this project, and I especially want to thank you for your patience while we worked through the inconveniences that came along with it.

Now, it is on to finding other ways to improve the Center and make your experience a little better each time you visit us.

Thank you for allowing us to serve you and our community.

Sincerely,
Michael Mulligan
Operations Director

Native American Heritage Month

Throughout the year and especially during November, we celebrate the cultures, histories, traditions, and contributions of Indigenous peoples across the nation and right here in our own community.

The Tucson Indian Center is honored to stand alongside our Native community, supporting the strength, resilience, and cultural traditions that connect us to our roots. For more than 60 years, we have remained committed to promoting wellness, preserving cultural knowledge, and building meaningful connections that strengthen our community.

This Native American Heritage Month, we honor the generations who came before us, celebrate the knowledge and traditions carried forward today, and recognize the importance of passing our cultures on to future generations. May we continue to uplift our voices, celebrate our identities, and keep our traditions thriving for years to come.







Rodney W. Palimo, Sr. Clinic says to

Stay Healthy This Flu Season!

American Indian Association Of Tucson, INC.
TUCSON INDIAN CENTER



Our Services:

- Flu Vaccinations
- COVID Vaccinations

Contact Us:

160 N Stone Ave (3rd Floor)

520-506-7131



Highlights
AT THE TUCSON INDIAN CENTER









Native American Family Wellness Day

On October 10th, we hosted our annual Native American Family Wellness Day, bringing our community together for a day focused on health, wellness, and connection. Attendees had the opportunity to enjoy outdoor wellness activities, hear valuable health education tips from professionals, and explore resource tables featuring services and information from community partners.

We enjoyed a beautiful walk around the park and were proud to watch our Youth Boys Powwow Dance Group showcase what they have been learning!

We would like to thank everyone who joined us and helped make this event a success. We hope you enjoyed the day and feel encouraged to continue prioritizing your health and wellness journey!

Footsteps For Healing 💜 ❤️

October is Domestic Violence Awareness Month, a time to raise awareness, stand in solidarity with survivors, and recognize the importance of creating safe and supportive communities.

The Tucson Indian Center was proud to participate in Emerge Center Against Domestic Abuse's Footsteps for Healing event, joining community partners and advocates in raising awareness and promoting a safer, healthier community for all. Our Youth Girls Powwow Dance Group shared their talents through a special performance, accompanied by Michael Spotted Wolf, who provided live singing for the group. The Tucson Indian Center also had the honor of leading the community walk.

Footsteps for Healing brought together survivors, families, advocates, and community members impacted by domestic violence, sexual violence, and gun violence, with a special focus on Indigenous communities. This year's event also featured a Missing and Murdered Indigenous Women (MMIW) display, honoring the lives of those who are missing or have been lost and bringing greater awareness to this ongoing issue.

We are grateful to have been part of an event that brings our community together through awareness, remembrance, culture, and healing. The Tucson Indian Center remains committed to supporting survivors, uplifting our Native community, and helping create safer spaces for individuals and families.











Orange Shirt Gathering Day

On September 30th, the Tucson Indian Center hosted its annual Orange Shirt Gathering Day on the University of Arizona campus. In partnership with the University of Arizona, we came together for a walk in solidarity and provided a welcoming space for community members to share their stories, experiences, and reflections.

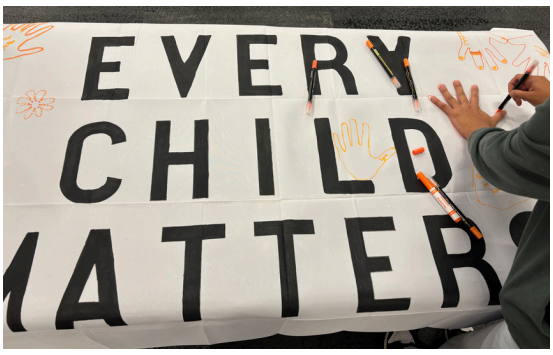
Our community gathered to honor and recognize the National Day of Remembrance for U.S. Indian Boarding Schools, bringing awareness to the lasting impacts of the boarding school era while creating space for healing, remembrance, and education. As part of the gathering, community members had the opportunity to sign a banner highlighting the message, "Every Child Matters." Our Native Youth Coalition helped bring the activity to a close by completing the banner and coming together to share their knowledge and reflections as a group.

We extend our heartfelt gratitude to everyone who showed courage and strength in sharing their stories with the audience. Your voices are important, and we are honored that you trusted us with your experiences. Together, we continue to honor those impacted, remember our history, and support healing for generations to come.















Upcoming Events
AT THE TUCSON INDIAN CENTER



Native Youth RISE

Rooted in Culture • Identity • Service • Empowerment



Native Youth RISE is a Youth Community Health Representative (Youth CHR) leadership program for Native American high school students.

PARTICIPANTS WILL:

- CONNECT WITH COMMUNITY LEADERS & HEALTH PROFESSIONALS
- RECEIVE MENTORSHIP & MENTOR MIDDLE SCHOOL YOUTH
- RECEIVE HEALTH & WELLNESS EDUCATION & TRAINING

~~*Session 1:*~~
~~*Aug. 26 – Oct. 7*~~

Session 2:
Oct. 14 – Dec. 16

Every Wednesday
5:00 – 6:00 p.m.
Weekly programming will be hosted virtually via Teams!

Attend at least five eligible activities during each session and receive a $15 gift card for that session.

**Eligible activities include workshops, panel discussions, and mentorship.*

Scan QR code to Submit Your Registration Request

Link to form:
https://forms.office.com/r/ByRaPMcurF

Questions or need help with registration?
Email Dynnika Tso at **dtso@ticenter.org**

In accordance with the Americans with Disabilities Act (ADA), the Tucson Indian Center will consider reasonable accommodations for individuals with disabilities. To request an accommodation, please contact Veronica Boone at 520-884-7131.

Native Youth RISE

Cultural Hike with Saguaro National Park

Saturday, November 14

6:00 A.M - 11:30 A.M

Native youth ages 11–18 are invited to join a guided hike to explore the land, connect with culture and wellness, and learn alongside the Saguaro National Park rangers.

Environmental storytelling | **Geology & Landforms** | **Plants & Wildlife** | **Cultural Connections**

Transportation, light breakfast, snacks, and lunch will be provided.
Pick-up and drop-off at Tucson Indian Center.
No hiking experience needed!

ONLY 30 SPOTS AVAILABLE • REGISTER BY NOVEMBER 7TH

Location: King Canyon Trail (across from the Arizona-Sonora Desert Museum)

To register, contact Dynnika at 520-884-7131 Ext. 1028

In accordance with the Americans with Disabilities Act (ADA), the Tucson Indian Center will consider reasonable accommodations for individuals with disabilities. To request an accommodation, please contact Veronica Boone at 520-884-7131.

Native Youth RISE

FOOD WILL BE PROVIDED!

Digital Voices Media: Youth Digital Storytelling Production Series

OPEN TO NATIVE AMERICAN HIGH SCHOOL STUDENTS RESIDING IN PIMA COUNTY

LOCATION: UNIVERSITY OF ARIZONA, MAIN LIBRARY

WORKSHOP DATES & TIME:

- **November 4: 4:00 - 6:00 p.m.**
- **November 18: 4:00 - 6:00 p.m.**
- **December 2: 4:00 - 6:00 p.m.**
- **December 5: 10:00 a.m. - 1:00 p.m.**



Your voice. Your story. Your impact! Learn to film, edit, and create powerful videos that amplify Native youth voices, promote health & wellness, raise awareness about important community issues, and inspire positive change through storytelling and advocacy.

NO EXPERIENCE NEEDED! SPACE IS LIMITED TO 12 PARTICIPANTS!

Participants who attend all four workshops will receive a $25 gift card upon completion of the series.

To register, contact Dynnika:
dtso@ticenter.org
520-884-7131 Ext.1028

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Tucson Indian Center

NATIVE YOUTH COALITION

Come together and share wellness ideas, leadership skills, and impact your communities!

All Native Youth Welcome!
Ages 8-17

What to expect:

- Explore harmful effects of commercial tobacco
- Peer-to-peer education
- Culturally rooted education
- Importance of sacred tobacco
- Group discussions and creative activities!

EVERY WEDNESDAY FROM 4:00PM-5:30PM

Tucson Indian Center, 160 N Stone Ave

November 4th at Tucson Indian Center
November 11th - NO MEETING
November 18th at Mission Garden
November 25th at Tucson Indian Center





For more information, contact Jovon:
Email: jboling@ticenter.org
Call Number: (520) 884 - 7131, EXT 2218

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Series to Attend

AT THE TUCSON INDIAN CENTER



WALK IN BEAUTY



FAMILIES ENCOURAGED TO ATTEND!

The (Special Diabetes Program for Indians) invites you to our walking series.
Join us:
November 7 @ Reid Park (Next to Ramada #10)
November 14 @ John F. Kennedy Park (Ramada #12)
November 21 @ Santa Cruz River (Ramada #1)

BEGINS: 8 AM
ENDS: 10 AM

FREE COFFEE/ TEA

Contact / Questions
Amber Labahe
alabahe@ticenter.org
520-884-7131 ext. 2206

Please Register Here!

Walk Themes

November 7 - *Prayer Walk*

November 14 - *Walk for your past, present, and future*

November 21 - *Walk for the Land*

Rules:
Attend the first walk to receive a free walking tracker and a journal.
Accumulate miles, and return to the next walk to receive your incentive.

Includes Indigenous-designed incentives!

Adults:	Youth:
• 10 miles	• 5 miles
• 20 miles	• 10-20 miles
• 30 miles	• 20-30 miles
• 40+ miles	• 30+ miles

In accordance with the Americans with Disabilities Act (ADA), the Tucson Indian Center will consider reasonable accommodations for individuals with disabilities. To request an accommodation, please contact Amber Labahe at 520-884-7131.

WELLNESS WEDNESDAY SCHEDULE

OCT – DEC

EXPLORE TUCSON
LEARN HEALTHY RECIPES
EXERCISE WITH FRIENDS
EARN INCENTIVES!!!

EVERY WEDNESDAY @
TUCON INDIAN CENTER
160 N. STONE AVE.
TUCSON, AZ, 85701

For details contact
Amber Labahe
alabahe@ticenter.org
520-884-7131 ext. 2206

ATTEND ONE, ATTEND ALL

8:30 AM - 9:30 AM	Walking club
9:30 AM - 10:30 AM	Fitness hour
10:30 AM - 12:00 PM	Food demo

In accordance with the Americans with Disabilities Act (ADA), the Tucson Indian Center will consider reasonable accommodations for individuals with disabilities. To request an accommodation, please contact Amber Labahe at 520-884-7131.

Relaxation & Reflexology

LOCATION

Tucson Indian Center
160 N. Stone Ave,
Tucson AZ 85701
(2nd Floor Meeting Room)

UPCOMING DATES

- November 25
- December 9

11:00 AM - 1:00 PM

BOOK NOW

This service is provided by the Special Diabetes Program for Indians.

Questions/ Registration
Amber Labahe:
alabahe@ticenter.org
520-506-7131 ext. 2206

This practice is performed by our Certified Reflexologist. Book a 15-minute appointment to receive a foot massage.

Why would you need a foot massage?

As different pressure points are massaged on your feet you experience pain relief, improved circulation, relaxation, and reduced symptoms of stress/ anxiety.

Is it painful?

Most people find it relaxing, rather than painful. Steady and firm pressure is applied using a foot cream. Many describe it as a soothing massage.

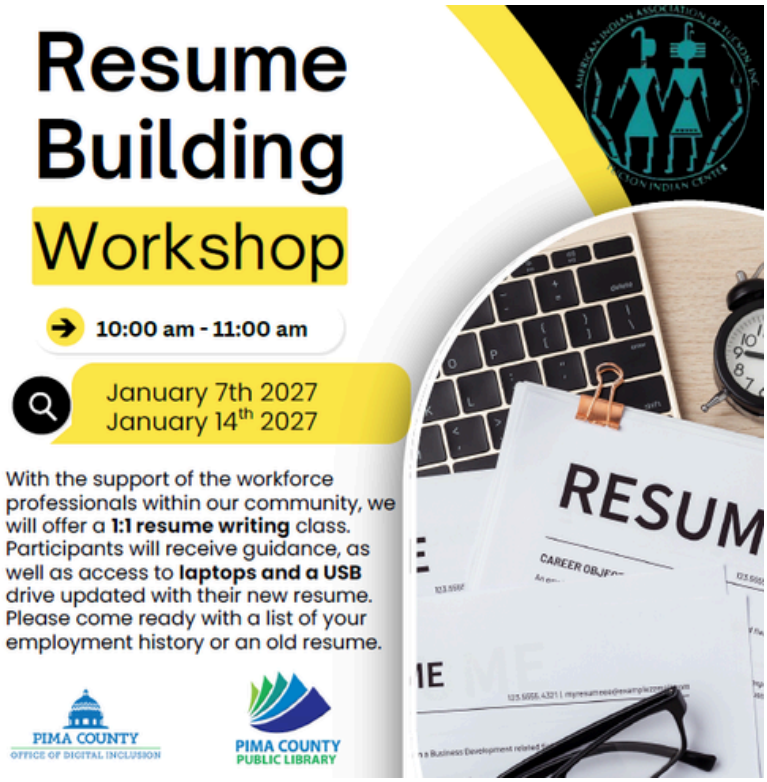
Is reflexology safe?

This is considered safe. If you have specific health concerns it is best to consult your health care advisor.

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TUCSON INDIAN CENTER
37TH ANNUAL
COMMUNITY CAREER FAIR
FRIDAY, JANUARY 22ND 2027
KINO EVENT CENTER
2805 E AJO WAY TUCSON, AZ 85706
• 11:00 AM - 3:00 PM •
Room dedicated to hosting on the spot interviews
One Table and two chairs
Refreshments, snacks and lunch
Computers and printer availible for job seekers to apply on the spot
Two tickets to the Tucson Indian centerCareer Fair Dinner
• REGISTRATION FEE APPLIES •
Non-profit organizations and Government employers quaify for fee exemption
REGISTER HERE
Online at www.ticenter.org
MORE INFORMATION
520.884.7131 ext 2224
Email:
Rurbina@ticenter.org
Power hour!
Employers can enter a raffle to win goodies the last two hours of the career fair.
Must be present to win.


TUCSON INDIAN CENTER
37TH ANNUAL
COMMUNITY CAREER FAIR
Friday, January 22, 2027
11 AM - 3PM
Kino Sports Complex
2805 E Ajo Way, Tucson, AZ 85713
MORE INFO
MEET EMPLOYERS
Local & regional employers
Learn about open positions and career opportunities
On site interviews!
POWER HOUR
Join us in the afternoon & participate in our POWER HOUR with hourly raffles held at 2:00 pm & 3:00 pm
RESUME HELP
Computers and printers on site
Apply online for jobs
Need help updating or building your resume?
Turn connections into careers!
520-884-7131
@tucson.indian.center
www.ticenter.org


Resume Building Workshop
10:00 am - 11:00 am
January 7th 2027
January 14th 2027
With the support of the workforce professionals within our community, we will offer a 1:1 resume writing class. Participants will receive guidance, as well as access to laptops and a USB drive updated with their new resume. Please come ready with a list of your employment history or an old resume.
PIMA COUNTY
OFFICE OF DIGITAL INCLUSION
PIMA COUNTY
PUBLIC LIBRARY


JOB CLUB
Don't Miss Your Chance to Connect
JOBS AVAILABLE
Arizona@works
Veterans Services
November 5, 2026
Apple One
November 12, 2026
For more information, contact Stella Tarin
520-884-7131
LOCATION
Tucson Indian Center
160 N. Stone Ave
Tucson, Az 85755
NOVEMBER
EVERY
THURSDAY
10 AM - 11 AM



Pumpkin Pancakes

Ingredients

- 1 ½ cups milk
- 1 cup pumpkin puree
- 1 large egg
- 2 tbsp vegetable oil
- 2 tbsp vinegar
- 2 cups all-purpose flour
- 3 tbsp brown sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp ground allspice
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ½ tsp salt
- Cooking spray

Cooking Instructions

1. Stir milk, pumpkin, egg, oil, and vinegar together in a large bowl until well combined.
2. Whisk flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger, and salt together in a separate bowl. Add to pumpkin mixture; whisk just until combined.
3. Pour 3-4 tablespoons batter for each pancake onto the hot griddle and flatten batter slightly with a spoon.
4. Cook until small bubbles appear, about 2 minutes.
5. Flip and cook until golden brown, about 2 more minutes. Repeat with remaining batter.
6. Serve with favorite topping, and enjoy!

Join Tucson Indian Center Suicide Prevention team at the

American Foundation for Suicide Prevention

OUT OF THE DARKNESS WALK

Sunday: November 15, 2026

Check-in Time: 12:00pm
Walk Start Time: 1:00pm

REID PARK, TUCSON AZ

To register, contact Halia at 520-884-7131, Ext. 2318 or hshirley@ticenter.org





Let's raise awareness, spread hope, and stand in solidarity with everyone affected by suicide.

Hope Begins with Awareness.

Together for a Future

#SuicidePreventionAwareness #EndStigma #HopeForLife

Tucson Indian Center Staff

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Chemehuevi

Executive Assistant
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Pascua Yaqui

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Jewel Blackfeather-Welter

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Dani Pacheco
Tohono O'odham

Operations Director
Michael Mulligan

Building Maintenance Safety Officer
Jackie Shemesh

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Rosa Espinoza

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Maria Hafferkamp

Finance Director
Michael E. Spotted Wolf
Seminole Nation of Oklahoma

Finance Operations Manager
Honey Ignacio
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Navajo

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Laguna Pueblo/Navajo

Grants & Services Manager
Vacant

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Tohono O'odham

Transportation Specialist
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Health Promotion Specialist
Autumn Begay
Tohono O'odham

Health Promotion Specialist
Vacant

Community Cultural Specialist & Educator
Javier Aguiñiga

Wellness Case Manager
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Wellness Case Manager
Loreto Curti

Prevention & Education Specialist
Halia Shirley
Navajo

Prevention & Education Specialist
Ashley Monreal

Native American Cancer Project Educator
Soleil-Brillante Begay
Navajo/Mississippi Choctaw

Youth & Community Health Educator
Jovon Boling
Navajo

Diabetes Prevention Specialist
Amber Labahe
Navajo

Youth Specialist
Dynnika Tso
Navajo

Domestic Violence Prevention Specialist
Vacant

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Medical Business Office Manager
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Grants & Services Manager
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Behavioral Health Therapist
Aurora Ramirez

Medical Director
Peter Ziegler MD

Family Physician
Dr. Paul Weintraub

Family Physicians Assistant, PA-C
Juniper Dery-Chaffin

Family Physician
Dr. Joan MacEachen

Pediatrician/Pediatric Consultant
Dr. Marisa Werner

Family Nurse Practitioner
Diana Bautista

Family Health Advocate & Community Health Rep
Carolyn Tapia

Medical Record Clerk
Vacant

Medical Assistant
Andi Morgan

COVID - 19 CHR
Claudia Caudillo

Community Health Representative
Marcella Delgado
Tohono O'odham

Behavioral Health Therapist
Claudia Ramirez

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Social Services Director
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Choctaw

Community Engagement Coordinator
Tasha LaBahe
Navajo

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Jerry R. Romero
Tohono O'odham

Employment & Training Case Manager
Renee Urbina

Employment Case Manager
Estella Tarin

Community Engagement Coordinator & Data Specialist
Vacant

Native Voice is Published by the American Indian Association of Tucson D.B.A Tucson Indian Center

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To enhance leadership, provide advocacy, deliver education, and strengthen the well-being of the people in the greater Tucson Area with emphasis on the Urban Native American Community.

Reminder and Announcements

All events listed are held at the Tucson Indian Center

- **New Client Orientation – Every Monday (11/2, 11/9, 11/16, 11/23, 11/30) @ 11:00am—12:00pm**
  Contact: Tucson Indian Center

- **Walking Club - Wednesdays (11/4, 11/18, 11/25) @ 8:30am**
  Contact: Amber Labahe, alabahe@ticenter.org

- **Native Youth Coalition – Wednesdays (11/4, 11/18, 11/25) @ 4:00pm—6:00pm**
  Contact: Jovon Boling, jboling@ticenter.org

- **Native Youth RISE– Wednesdays (11/4, 11/18) @ 5:00pm—6:00pm**
  Contact: Dynnika Tso, dtso@ticenter.org

- **Native Sisters in Recovery - Thursdays (11/5, 11/12, 11/19, 11/24*) @ 4:15pm—5:15pm**
  Contact: Wellness Case Managers
  *November 26th meeting moved to Tuesday, November 24th from 4:15pm-5:15pm

- **White Bison Recovery Group - Thursdays (11/5, 11/12, 11/19, 11/24*) @ 5:30 pm—6:30pm**
  Contact: Wellness Case Managers
  *November 26th meeting moved to Tuesday, November 24th from 4:15pm-5:15pm

- **AIIR (American Indians in Recovery) AA Mtgs. - Fridays (11/6, 11/13/, 11/20, 11/25*) @ 8:30 am—9:30 am,**
  Contact: Wellness Case Managers
  *November 27th meeting moved to Wednesday, November 25th from 4:15pm-5:15pm

- **2 Spirits of Tucson Support Group - November 9th @ 5:30pm—7:00pm**
  Contact: Marlene F Jose, mjose@ticenter.org

- **Coffee and Bingo - Every Friday - 10 AM—12 PM**
  No Bingo on November 27th

PLEASE REFER TO OUR WEBSITE & SOCIAL MEDIA FOR ALL FLYERS AND ANNOUNCEMENTS.
(REFER TO PAGE 1 FOR SOCIAL MEDIA)

We are happy to share the monthly Native Wellness Voice with you. If you would like to receive an electronic copy or if you experience any problem related to this mailing, such as receiving more than one copy or the wrong name, please contact Veronica Boone at (520) 884-7131 or ticwd@ticenter.org.